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LIBRARY: 300 summer readers

Library draws in youngsters

WAYNE CAMPBELL
PelhamNEWS Staff

Parents and grandparents trying to keep the kids busy through the summer have kept Pelham public library staff busy.

A Spiderman arts and craft afternoon filled up quickly, said summer activities co-ordinator Kaitlin Bronn.

The Brock University student in child and youth studies is receiving hands-on experience in how to work with children.

see LIBRARY | page 2



WAYNE CAMPBELL Staff Photo

Summer program co-ordinator Kaitlin Bronn works with brothers Leo, centre, and Walker Tones during a Just Imagine If You Were Spiderman program. The summer activity at the Pelham Public Library's Fonthill branch attracted a full house.

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upfront

LIBRARY

Crafting books popular draw

FROM PAGE 1

"It's the first time I've run my own programs," said the future teacher. "I have worked as a volunteer in the past." The children in the session know their Spiderman quickly answering a quiz, making masks, running an obstacle course and putting on removable tattoos.

"They have a good library here with programs you usually see in big cities," said Susan Bull of Oakville who brought her sons.

"The children's section is fantastic."

They were visiting her mother in St. Catharines.

"We like to come out to Fonthill, it's a nice drive," said grandmother Irma Bull.

The next day, Castlemoon Theatre with its *The Snail and the Whale* program similarly sold out.

"It's a fantastic summer, most of our programs have maxed-out," said Jennifer Bennett, the library's children's and youth services coordinator.

Part of the attraction she said may be a change in appeal.

Rather than basing activi-

ties on fictional books, library staff added non-fiction, particularly instructional books.

"Crafts such as painting rocks, building with sticks and doing other things at the cottage on a rainy day" attracted parents and grandparents.

"We may carry this over into our March Break activities," Bennett said the library does draw participants for communities other than Pelham.

The summer reading program has been very successful.

"We have more than 300 kids again," she said Wednesday. "They are all in here putting their stickers on the wall" listing the books they read.

On Friday, Aug. 17, the library will hold a noon barbecue with free hamburgers and hot dogs for children in the summer reading club. Pelham born children's performer Mike Vukovich will entertain them with songs on the guitar and harmonica.

For a small fee for hot dogs parents and friends can join the fun, she said.

wayne.campbell@sunmedia.ca

TOURISM: In The Log Cabin on Regional Rd. 20

Tourism information centre a draw for residents and tourists



WAYNE CAMPBELL Staff Photo

Tourist counsellor Alaina Interisano holds a brochure at the Pelham Tourism Information Centre in The Log Cabin on Regional Rd. 20. Information about local festivals such as the Port Colborne marine festival on the long August weekend or the Pelham Summerfest in late July are in demand at the booth this summer.

WAYNE CAMPBELL
PelhamNEWS Staff

Visitors from Ireland, about three hours off their plane, asked Alaina Interisano about hiking trails.

It was one unusual request the counsellor at the Pelham Tourism Information Centre received this summer.

The tourists, who were visiting friends in town, were anxious to hit the trails after the long flight.

under renovation.

This year the tourist booth has been moved closer to the store's entrance.

Since it opened at the end of June, the two tourist counsellors have had 30 to 40 visitors a week.

Some are tourists using Regional Rd. 20. Many, however, are area residents looking for information for themselves or for guests.

"The wineries are popular," said Interisano. "We have brochures on wine routes."

The center also has an Internet connection so the counsellors can assist tourists.

Niagara Falls information is always in demand but so are hiking trails in Pelham, the Bruce Trail, Short Hills Provincial Park and St. Johns conservation area.

"We've had more requests about the Welland Canal this year than last year," she said and less than expected about War of 1812 sites. This year is the war's bicentennial.

Information about festivals, such as Pelham's recent Summerfest and Civic holiday's Marine Festival in Port Colborne draw requests.

The booth carries and welcomes brochures from local

businesses. Among brochures on the racks are those for local campsgrounds, farm outlets, stores, the town, Niagara Region and neighbouring communities.

A local golf course, which was holding a tournament, came in to ask for brochures for out-of-town players.

Interisano, a sociology student, said the experience in the booth fits in with her courses. It has also given her insight into local attractions.

"I was surprised by how many hiking trails we have, and used the information myself."

wayne.campbell@sunmedia.ca

For your information

■ Pelham Tourism Information Centre is in The Log Cabin gift shop on Regional Rd. 20 west of Haist St.

■ Open 10 a.m. to 5:30 p.m. Monday to Saturday and on Sunday Noon to 4 p.m.

■ For more information contact Welland-Pelham Chamber of Commerce, 905-732-7175, www.wellandpelhamchamber.com or the Town of Pelham, www.pelham.ca.



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■ **OLYMPICS:** Niagara rower Natalie Mastracci's family ecstatic over silver medal

"They did so great!"

ERICA BAJER
QMI Agency Niagara

Tears of joy filled Christina Fera's eyes last week as she watched her little sister row to a silver medal at the London Olympics.

"She looked strong, she looked happy and she definitely made me proud," Fera said of Natalie Mastracci, a member of the women's eight rowing team and graduate of St. Alexander Catholic School in Fonthill.

More than a dozen people gathered at Fera's Niagara Falls home to watch the Thorold native's team pull to the podium.

"This is just the first of many," Fera predicted. Mastracci started rowing in Grade 12 and left a scholarship at Syracuse University after her third year to try out for the Olympic team.

The silver medal is testament to the 23-year-old's

dedication and hard work, her sister said.

Mastracci's loved ones were on the edge of their seats throughout the race, which started slowly for the Canadian team.

At the 500-metre mark, Canada was in fourth place, prompting shouts of encouragement and advice.

"They're moving up, they got it!" yelled Lou Stranges, as he pointed at the screen. "Look how close they are!"

When Canada started gaining on the pack and moved into second place at the halfway point, tension in the room increased.

The final stretch of the race had the room crackling with excitement and anticipation as the Canadians continued making strokes that closed the gap with the first-place American team.

"I loved it, they did so great," said Mastracci's cousin, Daniella Stukel.

6:12.06

The time that earned Canada's women's eight rowing team a silver medal at the 2012 Olympics Thursday morning.

6

The number of countries in the finals, including Canada, the United States, the Netherlands, Romania, Great Britain and Australia.

6:10.59

The time that earned the United States a gold medal in the finals. The Netherlands went home with bronze after finishing in 6:33.12.

"They fought hard and I'm very proud of them."

The Americans, who haven't lost this event in six years, powered out from the start and were never seriously threatened by the Canadians or the Netherlands, who won the bronze.

Like the men, who faced a juggernaut in the German crew and staged a furious finish for a silver medal Wednesday, the Canadian women's team — composed of veteran coxswain Lesley Thompson-Willie of London, Janine Hanson (Winnipeg), Rachelle Vinberg (Regina), Krista Guloien (Port Moody, B.C.), Lauren Wilkinson (Vancouver), Ashley Brozowicz (London), Darcy Merquardt (Vancouver) and Adresne Morin (Montreal) and Mastracci — were up against a big favourite in the



DAVE ABEL/QMI Agency

On the rowing course at the 2012 Olympic Games in London, the Canadian women celebrate winning the silver medal.

American crew.

The American boat had six returns from the crew that won the gold in Beijing. Canada finished in fourth place four years ago.

"It's going to be neck and neck," Annette Mastracci, Natalie's cousin, predicted before the race.

She said the women's eight won their heat in the qualifiers and the team's time was better than the

Americans. It's not hard to find the St. Catharines Rowing Club member on the boat, her cousin said.

"Natalie always smiles in the race. You can pick her out of a lineup because she's got that big smile."

Family friend Vince Anania said Mastracci's spirit is that of a true Olympian.

"She's enjoying every

moment," he said.

At the medal ceremony, Mastracci could be seen grinning from ear to ear, joy evident on her face.

It was only rivalled by the proud smile her sister wore as she watched.

— with files from
QMI Agency

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ERICA BAJER/QMI Agency Niagara

Family and friends of Olympic rower Natalie Mastracci cheered her on Thursday morning as she accepted her silver medal in the women's eight rowing race. They gathered at her sister Christina Fera's Niagara Falls home to watch the event.

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Ken Koyama

PELHAM, ONTARIO, CANADA

Wayne Campbell, editor

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perspective



Wayne Campbell
EDITOR

Simple courtesy pays off

We spend a lot of time and money trying to building up tourism in Pelham and across Niagara.

The town and the Welland-Pelham Chamber of Commerce staff a tourism information centre through the summer. It's just one of many across the region.

The town just spent \$10,000 as its share of an \$85,000 Summerfest party. That's small potatoes compared to the budgets of big area festivals in Port Colborne, Welland, St. Catharines and Niagara Falls.

Then you can throw in spending on Niagara Parks, historical sites, wine route promotion and so forth.

You get the idea. Encouraging tourism is expensive but it can pay off big time.

Just notice that line of hotels along the Niagara River the near time you look eastward from Fonthill on a clear day.

It's a whole industry employing thousands. However, something else that doesn't cost a cent, pays off almost as much.

It's simple courtesy by locals to visitors. We all fondly remember someone who helped us when we were travelling.

It may be a matter of giving directions as we wandered lost in a busy downtown in a big city.

It may be a "local" tipping us off to a swimming ban at a pleasant looking beach. I won't forget, for example, a desk clerk at a small motel without a vacancy who called all the accommodations in town to find my family a spot.

She said she'd rather steer someone to a competitor than the town lose our business.

It was a good lesson in community-building economics. Needless to say, I won't forget that town or motel. And will recommend them to friends travelling that way.

When you tally up the effect of good deeds, you can see why courtesy by locals should be at the top of any strategic tourism plan.

wayne.campbell@sunmedia.ca

comment

Athletic supporters look at Olympics

Am wrote this story four years ago, at the time of the last summer Olympics. That one was a really wet spring and summer, the dead opposite of this one. Other than that, though, he feels the universal truths of his little tale still hold today.

"Mosca" - Spanish for "fly."
Mosquito - Spanish for "little fly." English for dirty rotten, sucking, stinking, stinging, biting insect with a singularly annoying, whiny, buzzing way of whispering in your ear. "Hey, how's it goin'?" that, night or day, nobody especially likes to hear.

Mosquitoes love wet weather. Not to say the little vampires like to sit out in it with tiny umbrellas, sipping tea and humming songs by the campfire, but they certainly thrive on the rain. Even when it hails, that probably doesn't faze them as much as it would, say, a horse. Sure, the consequences would be more disastrous for the animal-sized mosca than for the horse to actually get hit with a pellet of hail, but let's face it, the poor horse, who never did anything to bother anyone, is the one who's going to get nailed.

Life is like that sometimes.

The Olympics are on us. Turkey Point Provincial Park, Donna Jean's sister Trudy's trailer, late July '08.

After being hulled to sleep by yet another heavy downpour, in this,



Arnie Dyer

one of the wettest summers Ontario summers ever, Arnie demonstrates at the breakfast table that, were he a little younger than his current 61 years, and were he just the slightest bit more coordinated, he too might be proudly representing his country at this, the XXX Olympic.

He does this in a demonstration event, the "milk toss," in which it is shown that milk can be hurled a considerable distance by shaking the carton without checking to see if the lid is on tight. His prowess in the endeavour draws much praise from his wife and her sister, some of it possibly of the sarcastic variety. He still maintains he could be representing his country, maybe just not proudly.

Shortly thereafter, as Donna Jean and Arnie are hopping on bicycles to go pick up a morning paper, the second demonstration sport takes place, in a more mental than purely physical event, the "child-decade."

A two and a half year old blond kid who looks like one of those gorgeous child actors you might see in a cereal commercial, walking across the path with his father, stops in his teeny tracks to share a thought, which he expresses in a voice that closely resembles the

song of one of the birds Arnie and Trudy have been studying on the Audubon Society's Practice and Improve Your Birding CD series.

"Hyenas might chew, my tie's not clear," he chirps.

Donna Jean gives the I'll fella the warm smile of pretend comprehension that his father has to know means, "Didn't understand a word, but he sure is cute."

The boy repeats to be sure his audience takes in his exact meaning: "Tyres heavy, late news, I bite Bie's ear"

As he turns to resume his foray with his dad, his exit line comes out with a startling clarity that will be the key to decoding all the rest, like reading the first sentence of the Rosetta stone: "OK, we go for walk now."

On their own bikes, it now takes Donna Jean and Arnie only a few minutes to figure it out: "Oh, he was saying, 'I have a bike, too, my bikes not here'."

One more Olympic demo event conquered.

A while later, our three intrepid would-be Olympians set off on foot for a casual four mile loop through the dense woods in and around the park. In a normal year, the thick, shady, cool forest provides shelter for deer, birds, squirrels, turtles, and all sorts of other wildlife. That's still true, but right now we also have a fine breeding ground working in favour of the little moscas.

Our trio is strolling along the path, talking about the unbelievable

abilities of the athletes they'll be watching over the next few weeks.

Trudy, referring specifically to the gymnasts: "I (want) can't believe the things they can (brush) it." Arnie (swat, splat) nods in agreement as Donna Jean proclaims: "When I was in high school, I was so scared of the balance beam, I used to go hide in the locker room when they did that exercise. They (brush, swat, scratch) never even seemed to miss me."

Trudy adds, "We had a group routine with five of us, done to 'The Good Ship Lollipop.' The record got broken - somebody sat on it. When they marked it, it was to sing the song ourselves. It was sad, really puts a damper on your athletic career if you get started."

Trudy's tale is fascinating enough in its detailed imagery that the swatting stops briefly.

The happy campers return to the carmine, having completed a so-close-to-delightful (brush, swat, scratch, splat, swear) walk in the woods.

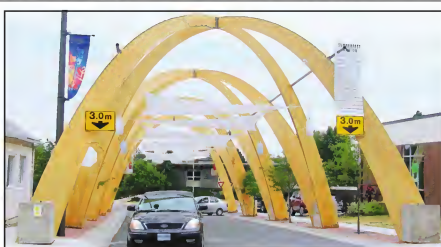
As Arnie is lighting up a fire to smoke the little buggers out, Trudy comments: "It's too bad mosquito swatting hasn't been declared an Olympic sport."

The others nod knowingly. "Yep, it's a shame," says Donna Jean. "Surely any Canadian could win a medal in that one."

Arnie chimes in, "Ain't it great to know that, in an alternate universe, three humble little folks like us might be good enough at

ARCHES OVER PELHAM

Until early October, these arches will remain over the entrance to Pelham Town Square in Fonthill. The town is has a survey on its website, www.pelham.ca, whether the structure should become a permanent fixture.



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WAYNE CAMPBELL, Staff Photo

■ **PREVENTION:** Get rid of standing pools of water

More mosquitoes carrying West Nile

VICTORIA GRAY
PelhamNEWS Staff

NIAGARA — West Nile still bugs Niagara.

The number of mosquitoes infected with the virus is on the rise.

Peter Jekel, Niagara Region's manager of environmental health, said eight of 21 traps throughout the region have shown positive pools, while last year only 11 positive pools were recorded.

"This year we're ahead of the curve," he said.

Region employees usually start finding positive pools around the second or third week of July, but this year they started finding positive pools the last week of June and first week of July.

The virus becomes detectable earlier if the mosquitoes breed more frequently because it is amplified in later generations of the insect.

So far the region has found positive pools in Thorold, Pelham, Niagara-On-The-Lake and St.

Catharines, but no human cases have been reported.

Jekel said people may not experience symptoms at all, but 20% experience flu-like symptoms. Neurological issues associated with the disease are rare.

"People who display the neurological symptoms, like paralysis or meningitis or severe symptoms, are fairly rare but they do happen to maybe one in every 150 people or so," he said.

Jekel suggests people try to reduce the amount of standing water on their properties to help reduce mosquito breeding grounds. "If you have a birdbath, that's OK, just try to empty it every three days," he said.

Watch out for kid's toys that accumulate water because even a small sand pail with standing water it in gives the insects somewhere to lay eggs.

The region kills larvae in its standing traps three times during the summer and investigates reports of large pools of standing water on properties and deals with

them accordingly.

Jekel said it's hard to tell why this year is worse than others, but this year's warm weather may have something to do with their prolific breeding.

"The number of generations of mosquitoes increase in higher temperatures because they go through their life cycle faster than they would in lower temperatures," he said. "But it's hard to say anything

Fighting West Nile

Help get West Nile under control by:

- Cleaning gutters around houses
- Draining birdbaths and standing ponds every three days
- Emptying all standing water from children's toys and backyard ornaments, patio's and equipment
- Wearing bug repellent with DEET if you plan to go outside in the early morning, evening or into a heavily wooded area



QMI AGENCY File Photo

Niagara Region manager of environmental health Peter Jekel said the number of mosquitoes infected with the West Nile virus is on the rise

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■ **FIRE RISK:** Community fireworks postponed

Good soaking needed to end burning ban

WAYNE CAMPBELL
PelhamNEWS Staff

It will take more than a smattering of rain to lift fire bans in Pelham, Wainfleet, Welland and most Niagara communities.

"Those 10-minute downpours aren't enough," said Wainfleet fire administrator Carrie Mayr. "Big cracks are forming across farms. They are that dry."

The past Civic holiday long weekend lacked bonfires on beaches and marshmallow roasts in campgrounds. A fireworks display in Welland's St. George Park was postponed to await damper times.

In Wainfleet Mayr said, "we've posted the ban on our temporary website, announced it in newspapers and have it on a sign in front of township hall."

The Niagara Peninsula Conservation Authority has banned campfires and cooking fires at its Long Beach and Chippawa Creek campsites.

So far the response from residents and cottagers has been good.

"We will keep trying to get the word out," she said.

Pelham fire prevention officer

Saskia Holditch said the threat of bush fires from dry conditions remains.

"We've received a number of calls after the last rain, but the risk is still there."

It will take a good solid soaking before that risk washes away.

Pelham firefighters handed out a couple of warnings to people who started fires.

The ban includes open burning on farms as part of normal operations as well as burning permit holders throughout the town.

Several Niagara municipalities have imposed outdoor burning bans.

In Welland, last Friday's IlluminAqua concert did not use wood burning fire pots. Organizers substituted electric light displays.

Although the pots float in the middle of the waterway, Welland fire Chief Denys Prevost said the ban is on all wood-fueled fires.

This weekend a traditional holiday fireworks display in St. George's park in Welland South were postponed.

"They could carry into the bush around the park," said the fire chief.

Hot materials could sit in dry

grass and bush for a long time before erupting.

In Welland, ignoring the ban may mean a \$450 ticket, costs to put it out and provincial offences charges.

Prevost said, however, said people understand how dry it is.

"They are co-operating by paying closer attention to fire risks, which is what you really want."

In Port Colborne, open burning is not allowed at anytime without permission from the fire chief.

Fire Chief Tom Cartwright said he rarely gives it.

Firefighters closely watched the Canal Day's fireworks Sunday night soaked the ground after it—an unusual precaution.

In Grimsby a fireworks display for a festival two weeks ago was cancelled.

Along the lake this summer, sky lanterns have become a new fire risk, the Port Colborne fire chief said.

They are small, candle-powered hot-air balloons.

When the candle burns out, the hot candle holder and balloon can drop anywhere, Cartwright said.

wayne.campbell@sunmedia.ca



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File photo
Volunteers aboard a small aluminum boat light the fire pots floating on the canal at the start an IlluminAqua event.

■ FONTHILL ROTARY CLUB SWINGS AT POLIO



Supplied photo

The Rotary Club of Fonthill held its 21st annual golf tournament July 30 at Lookout Point Country Club. Proceeds will benefit the international campaign End Polio Now, which raises funds to provide polio vaccinations for children in countries where the disease still exists. Getting ready to tee off at the top of the hill are, from left, Pelham Mayor Dave Augustyn, Marty Starkman, Pelham CAO Darren Ottaway and Ward 3 Coun. Peter Papp.

■ BISSELL'S HELPS PELHAM CARES



Supplied photo

Bissell's Hideaway's seasonal residents and staff raised \$1,045 and two carts of food for Pelham Cares. Organizer Berta Paterson would like to thank all who donated. Presenting the donation to Pelham Cares are from left Grady Vandersloot, Keon Harry, Berta Paterson, Linda Roach, Catherine Turpko, Pelham Cares client service coordinator Betty Brown and Jacintie Langlais.

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■ ROWING: Sami Tober in Division 1

Crossley grad spins into Tulsa scholarship

BY BERND FRANKIE,
PelhamNEWS Staff

Sami Tober wasn't overcome by a wave of enthusiasm when she first became involved in rowing at E.L. Crossley Secondary School.

Truth be told, it wasn't much of a ripple effect either. Nor was it a longing to be out on the water on those days when the sun turns summer into a scorcher.

All she wanted to do was add to her wardrobe.

"I just wanted a T-shirt," she admits with a sheepish grin, five years — and, oh yes, one athletic scholarship — after the fact.

When Tober was a Grade 9 student, still finding her way around the Pelham high school and unsure of what after-school activity to sign up for, the rowing club had a draw for T-shirts to encourage newcomers to pick up an oar and give the sport a try.

She won the shirt — "I still have it. It's in the back of my closet somewhere," Tober says with a laugh, answering the obvious question — and began developing a passion for rowing that is showing no signs of waning.

"I liked it right off the bat. It was something that really pushed me to do better," she says of the immediate satisfaction that comes with a "good row."

"It's so rewarding at the end to see good results."

After putting in her time, both on the water and in the erg room during the off-season, her first two years at Crossley's Crossley's highly regarded development pro-

gram, the 19-year-old daughter of Barrie and Jay Tober of Fonthill came into her over the next two years. She won five gold medals at the Schoolboy national championships.

Tober began to consider rowing as a avenue to get into a university in the United States on an athletic scholarship.

It was a feeling that was more than mutual with Division II schools beginning to express interest in her as a must-have addition to their rowing crews.

However, Tober didn't jump at those early offers. Though eager to compete at the collegiate level, while having her education partially subsidized, she decided to wait for overtures from programs at the Division I level.

"I decided to go back for I2B to see what would happen."

Her patience was rewarded in a big way when the University of Tulsa invited her to pay a visit while offering a four-year, rowing scholarship that will cover 85% of her education costs at the Oklahoma school.

"It was really a nice visit and the atmosphere on campus was great," said Tober, who will be majoring in accounting.

With classes getting underway Aug. 20 and the rowing season beginning soon after that, Tober expects to fly south later this week.

The one-time Crossley Cyclone already knows that her freshman year on the Golden Hurricanes will be a busy one.

"You never really do take a break from rowing," she said.

bernd.franke@sunmedia.ca



BERND FRANKIE Staff Photo

E.L. Crossley Secondary School graduate Sami Tober will be majoring in accounting and, when she's not in the classroom, in rowing when she begins attending the University of Tulsa on an athletic scholarship later this month.

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■ **BANDSHELL:** Thursday, Aug. 9

Dual tributes to Tom Jones and Neil Diamond

For PelhamNEWS

This week the Fonthill Bandshell Concert pays tribute to two of the beloved and most entertaining performers of all time - Neil Diamond and Tom Jones.

After working in the financial field for quite some time and then finding himself out of work, Mark Thomas sought his dream ... a tribute to Neil Diamond. He has now performed in shows across Canada and the United States.

Thomas' tribute performance to Neil Diamond typifies the voice, look, and stage presence.

Thomas showcases his ability to re-create the sound and showmanship that has made Diamond a true icon admired by the young and old worldwide.

Mark sings all of the favorite Neil Diamond hits in his show which span Neil's 40-plus years of entertaining.

Fueled by singing along to Holly Holly, Cherry Cherry, Song Sung Blue, and Sweet Caroline and mesmerized by I Am I Said and Love On The Rocks.

Dave La Fame is Tom Jones in this Las Vegas awarded tribute artist on stage.

From the opening song of Love Me Tonight to What's New Pussy Cat, Green Green Grass of Home and a spectacular ending with the iconic It's Not Unusual and Deltellah



This week the Fonthill Bandshell Concert series pays tribute to two of the most entertaining performers - Neil Diamond performed by Mark Thomas and Tom Jones by Dave La Fame. The 7 p.m. to 9 p.m. concert is held in Pelham Peace Park. For more information see www.fonthillbandshell.com.

Supplied photo

everyone walks away thinking the presence of the real Tom Jones was transported to Dave La Fame.

La Fame's resume includes musical theatre, musician, and impersonator of many singers including Bobby Darin, Roy

Orbison and Police's Sting.

Concerts at the Fonthill Bandshell in Pelham Peace Park are 7 p.m. to 9 p.m. each Thursday during the summer.

For more info go to www.fonthillbandshell.com



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- Monday August 27th, 6-8 pm at the Pelham Arena
- Saturday September 15th, 9am-1pm at the Welland Wellness Centre (145 Lincoln Street)

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Very few products available in your local pharmacy can claim as many uses as Omega-3 fatty acids. Omega-3s are a type of unsaturated fat that are found in high quantities in certain fish (such as salmon, herring, sardines) as well as plant sources (such as flax).

The two most common Omega-3s found in supplements are EPA and DHA. Some supplements will have their Omega-3s derived from fish oils while others will be derived from plant sources. Be sure to choose a product that lists the amount of EPA or DHA per capsule.

There has been some concern by patients over the levels of heavy metals (such as mercury) in Omega-3 fish oils. However, heavy metals tend to accumulate in the protein of the fish rather than the fats. In addition, Health Canada tests all Omega-3 products for their heavy metal content before being made available to the public.

Here are 5 common medical conditions that Omega-3s can help treat:

1. **Arthritis** - Omega-3s have been shown to help decrease inflammation in the body, therefore they may help relieve some of the pain associated with both osteoarthritis and rheumatoid arthritis. Between 3 - 5 grams of EPA and DHA for 12 weeks are needed for the anti-inflammatory effects.

2. **Hypertension** - Omega-3s can help lower triglyceride (fat) levels circulating in the body. High triglyceride levels contribute to the formation of fat deposits in blood vessels. This can lead to hardening of the arteries, which allows for the formation of dangerous clots which can cause a heart attack or stroke. Studies have shown that 2 - 4 grams of fish oils can lower triglycerides by 20-50%.

3. **Hypertension** - Omega-3s have a modest effect on reducing blood pressure and may be a viable option for patients with mild hypertension who do not wish to start a prescription medication at this time. Omega-3s reduce the production of agents that constrict blood vessels and increases production of agents that open blood vessels. For cardiac health, 1 gram of EPA plus DHA daily is recommended.

4. **Depression** - Studies have shown that 1 gram of EPA twice daily may yield anti-depressant and/or mood stabilizing effects. Omega-3s may be suited for the treatment of specific populations, such as pregnant or lactating women where conventional antidepressants must be used with caution.

5. **Loss of Vision** - Recent studies have shown the beneficial effects of omega-3s on vision, specifically decreasing risk of age related macular degeneration. Further investigations are needed to confirm the results of these studies, however many ophthalmologists are now recommending that their patients take Omega-3 supplements.

If supplements are not for you, try to replace the meat in two of your meals per week with fish. Certain populations (such as Mediterranean and Inuit) that eat high amounts of fish and little amounts of red meats have much lower rates of cardiovascular disease compared to the North American populations.

Omega-3s are not for everyone. For patients on blood thinners such as Coumadin (warfarin) or Aspirin (ASA), be sure to check with your physician or pharmacist before starting on Omega-3s as they may increase the risk of bleeding.

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HEARING CLINIC

Connect Hearing will be at the FortHill Branch giving free hearing screenings. They

will answer any questions about hearing issues. Aug. 13 from 10:00-1:00. Free but please schedule your appointment at: 905-892-6068.

DIGITAL PHOTOGRAPHY FUNDAMENTALS

Have you just purchased a DSLR or Point and Shoot camera or plan on purchasing one in the near future? If you want to better understand the controls and settings and

how to compose a better photo, then this seminar led by Gary Toth of "It Just Clicks" is for you. Bring your camera, instruction book and your questions. Aug. 15 at 7:30. \$6.00. Please register ahead.

GIANT BOOK SALE

Great books at great prices. Most items \$1 or less. Collectables, puzzles, movies, software and much more! Tues. Aug. 21 - Sat. Aug. 25 during open hours. On Saturday a toonie will get you a grocery bag of books.

SENIORS HAWAIIAN LUAU

Who says summer is just for the kids! Join us for this fun gathering with Hawaiian themed food, beverages, entertainment and door prizes. Free but please register ahead. Mon. Aug. 27 from 2:00-3:00.

HEMINGWAY'S ISLAND

Ferwick authors Eleanor Johnston and Wayne Fraser invite their audience to join them in a cold "noijo" and in "Imagining Hemingway" through their extensive research, through their novel "Hemingway's Island" and through a slide show of Hemingway's Cuba. Hemingway's Island is a rich adventure that explores Hemingway's last, wild days in Cuba. Books for sale and signing. Mon., Sept. 10 at 7:30. \$4.00. Please register ahead.

SET UP YOUR OWN PINTEREST ACCOUNT

Pinterest is a virtual bulletin board. It connects people through the "things" they find interesting -- favorite books, toys, recipes, decorating ideas, events, movies, craft ideas, etc. Post your own favourites and follow other people who share common interests. Tues., Sept. 11 at 6:00. \$3.00. Please register ahead in person and include a current email address.

NATURE PHOTOGRAPHY WORKSHOP

"Combine a love of nature with our proximity to Short Hills Provincial Park and St. Johns Conservation Area and you have the perfect recipe for Nature Photography. Join Peter Ferguson, President of the Welland Camera Club, for an informative workshop exploring the many ways you can improve your photography skills to capture all that Mother Nature has to offer." Mon., Sept. 17 from 6:30 - 8:30. \$5. Please register ahead.

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AROUND TOWN

THURSDAY AUG. 9:

FONHILL BANDSHELL
CONCERT features Neil Diamond and Tom Jones tribute, co-sponsored by Kwikfit and DJ Weight Management. In its seventh season, the Fonhill Bandsshell concerts are in Pelham Peace Park, shows run from 7 p.m. to 9 p.m. each Thursday until Sept. 6.

SATURDAY, AUG. 11

RUMAGE AND BAKE SALE
at Glad Tidings Church of God, 1 Pancke Lane, Northhill from 8 a.m. to 12 noon.

THURSDAY AUG. 16:

FONHILL BANDSHELL
CONCERT features country singer Marshall Dane sponsored by Morgan Ditts and Toppari. In its seventh season, the Fonhill Bandsshell concerts are in Pelham Peace Park, shows run from 7 p.m. to 9 p.m. each Thursday until Sept. 6.

MONDAY AUGUST 27
ANNUAL FLOWER AND VEGETABLE Show From

8 - 9 p.m. with Pelham Horticultural Society. Everyone is welcome to come and see our horticultural, floral design and photo entries. Entries are to be submitted between 5 p.m. and 7 p.m. See Show Brochure for details.

ONGOING

TUESDAY NIGHT BINGO

St. Ann's Parish, 834 Canboro Rd., Fenwick, 7 p.m. Continues every Tuesday to the end of June. Wheelchair accessible. Chance to win \$100. 905-892-6123.

ST. ALEXANDER PASTA NIGHT

First Thursday of every month at St. Alexander Church, Town Square. Northhill. Admission: \$9 for adults, \$4 for children age four to 12 and children under three free. All you can eat red and white sauce penne, meatballs, sausage, garlic bread, salads and more. Catered by Antipasto's.

FENWICK LIONS FISH

FRY every second Friday at Fenwick's Centennial park from 4 p.m. to 7 p.m. Large two-piece dish of haddock and fries \$10, one piece \$8. For cole slaw add \$1. This 15-Friday season runs from April to October fish fry dates are: Aug. 10, Aug. 24, Sept. 7, Sept. 21, Oct. 5 and Oct. 19.

PELHAM FARMERS

MARKET runs each Thursday evening market from 4:30 p.m. to dusk in the parking lot of the Pelham Municipal Building in Fonhill. The weekly sale of local produce, flowers and agricultural products continues weekly until Oct. 25.

FONTHILL LEGION

LUNCH each Friday from 11:30 a.m. to 1 p.m. at Royal Canadian Legion Branch 613 hall on Regional Rd. 20 east of downtown Fonthill. \$9 with takeout available. Main dish plus dessert, tea and coffee.

ALZHEIMER SOCIETY

of Niagara Region Support Groups for Caregivers meets

the first Tuesday of each month, except July and August, 1:30 p.m. to 3 p.m. at Rapelle Lodge, 277 Plymouth Rd., Welland. For info call 905-677-3914.

ALZHEIMER SOCIETY

of Niagara Region Support Groups for Caregivers meets the third Monday of each month, except July and August, 1:30 p.m. to 3 p.m. at Alzheimer Society, 403 Ontario St., Unit 1, St. Catharines. For info call 905-687-3914.

CHORUS NIAGARA

The Power of 100. Artistic Director Robert Cooper invites singers to audition for Niagara's premier 100 voice community choir. Call Pam at 905-357-1616 for an audition appointment. Further information www.chorusniagara.ca

ST. CATHARINES

NEWCOMERS Club invites women of all ages new to the Niagara area to join us on the first Wednesday of the month, at the Heiden of,



600 Lake St. St. Catharines at 7:30 p.m. Call Lois at 905-988-9988 or Gwen 905-641-9816.

AUDITIONS CHORUS

Niagara Children's Choir is a growing school group for children aged 7 to 17. Under the leadership of Melanie Martin they are rapidly becoming known in the region for their excellence in choral singing. If you would like more information or would like to book an audition please contact the choir manager Lyn Hibbitt at 905-945-2049 or cncmanager@yahoo.ca.

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